



Lifelong Learning – 2016 Fall



The Marshfield Lifelong Learning Opportunities Program will be kicking off the Fall Program at the Senior Center, Tuesday, September 13, 2016.

Breakfast begins at 9:30 am and registration follows at 10:00 am.

Registration will be ongoing at the Senior Center after the kick-off. A second registration event will be available at the Ventress Memorial Library on Saturday, September 17, 2016 from 10:00 am to 12 noon.

Below is a **DRAFT** description of courses that we are planning to offer.

- 1. Literary Trailblazers w /Chris Woods @ 10:00 am-12 noon (2 Sessions) Two Friday Mornings, September 23 and October 7.** Class Course Description: This two-part class combines reading, walking, nature exploration and adventure. For Part 1, we will meet at the library to review all the new trail maps for walking in Marshfield and distribute copies of the nature-themed book to students. For Part 2, students will meet at the library and carpool/caravan to trailhead to begin our walk. Literary discussion will take place on the banks of the North River, where we will share a brown bag lunch together. Ability to walk over uneven ground is a course requirement. Size Limit: 20 students. **Ventress Library and off-site. Cost: \$5**
- 2. Radical Islam – w/Barbara Baron @ 10:00 - 11:30 am (6 sessions) Mondays, September 26, October 17, 24, 31, Nov. 7, & 14.** Weeks - 1-Introduction, Mohammed and early Islam Week 2-Sharia Law, Muslim Brotherhood Week 3-the Brotherhood and all the radical spinoffs Week 4-video (one and one-half hours) Week 5-Former Radicals and Muslim Reformists Week 6-Israeli-Palestinian conflict,. I do not use a text but each week there will be lots of handouts. In addition, each week I will bring a selection of books from my personal library for class members to borrow. **Cost \$20 @ the Senior Center**
- 3. Botanical Drawing and Watercolors class. w/Cindi Hamlin Walsh @ 1:00 – 2:30 pm (6 sessions) Wednesdays, September 28, October 5, 12, 19, 26, and November 2.** It is not scientific, just fun! Floral rendering - including flowers, plants, gardens and architectural perspective. Includes both drawing and watercolor; no prior experience needed. Materials are to be purchased at your own cost. List will be available at COA front desk, @ Senior Center. **Cost is \$20**
- 4. History of Land Use in Marshfield w/Bob Jackman - @ 10:00 -11:30 am (6 Sessions) Thursdays, September 29, October 6, 13, 20, 27 and November 3.** The *History of Land Use in Marshfield* will follow patterns of change in the use of local land over four centuries. We will identify the various landforms that extend across the town and the attributes that made some forms ideal for growing grains while others were more suited for mining iron or growing a woodlot. However, these uses themselves changed the land and the national markets also changed, so land use shifted to other activities in subsequent centuries. Working from documented sources, maps will be presented that show both the natural and altered landforms, and also the pattern of use for these landforms. These will assist in identifying historical practices, and we will attempt to assemble the pieces into a coherent narrative. Course participants will have an opportunity to suggest some uses to be examined. **Cost \$20 @ the Senior Center**
- 5. Great Composers of Classical Music w/Larry King – @ 1:00 – 2:30 pm (6 sessions) Fridays, Sept. 30, Oct. 7, 14, 21, 28 and Nov. 4, 2016.** This course is a survey of some of the well-known and lesser known composers, listening to their remarkable music, revealing their distinctive personalities and discussing their notable influence. **Cost \$20 @ the Senior Center**
- 6. The Complete Story of the Salem Witches w/ Dick Sullivan – @ 1:00 - 2:30 pm (4 sessions) Mondays, October 3, 17, 24, & 31.** A historical and psychological analysis of the witch hysteria in nearby Salem. Taught by Dick Sullivan a retired history and psychology teacher who is also a descendant (through his mother) of two of the witch families and the Putnam's who started the whole affair. All traditional theories will be discussed as well as new theories that have arisen from current research and new discoveries. There will also be insight from oral tradition passed down through Dick's family. You will find the course thought provoking and entertaining. **Cost \$20 @ Senior Center**
- 7. A Mother Daughter Alzheimer's Journey: A Caregiver Conversation w/ Mary Alice Moore @ 7:15-8:45 pm (3 sessions) Wednesdays, October 5, 12 and 19.** Being an Alzheimer caregiver doesn't come with an instruction manual. Caregivers often find themselves swirling through a maze of unanswered questions, confusing behaviors, and conflicting medical advice. For most, it is learn as you go. This three-session program, based on caregiver Mary Alice Moore's experience caring for her mother, will present basic caregiver information and strategies on how to maneuver your way through this maze. You will gain valuable insight for providing better care of a loved one with Alzheimer's. At the end of the course you will be equipped with techniques to help improve both you and your loved one's quality of life. **Cost \$20 @ the Senior Center**
- 8. Relaxation Response - Tools for managing Stress w/ Lee Anne Pellegrini - @ 2:30 – 3:30 pm (4 sessions) Wednesdays, October 5, 12, 19 and 26.** This series incorporates important scientific research presented by the Herbert Benson Institute and the research team on stress and its physiological and emotional impacts. Initially we will cover how the stress response is activated in our central nervous system and when it is healthy versus detrimental to our health. We will then proceed to discuss and practice how to activate the Relaxation Response (coined by Herbert Benson). Lee Anne will incorporate her knowledge of yoga, breathing & movement along with information from the Institute **Cost \$20 @ Senior Center**

9. Pub Chat - American Treasures w/Stephen Puleo & Edris Kelley @ 6:30 pm (1 Session) Thursday, October 6. "The Unknown History of the Struggle of our Priceless Documents". Mr. Puleo will be telling us about his newest and sixth book. We will be his first audience which is rather exciting. Title: American Treasures: The story focuses on the never-before-told story of how the Declaration of Independence, the Constitution, the Gettysburg Address and any other Critical documents were secretly relocated for safe keeping in 1941 and 1942. Place: The Historical Winslow House Refreshments will be served and there will be a cash bar. Books will be available for purchase through the Westwinds Books store @ **Historic Winslow House. Cost \$15**

10 "Paint Party!" w/ Rachel Breen @ 2:00 pm (1 Session) Saturday, October 8. Cost of materials: \$20 students Course Description: Paint Party! is a take-off on the popular Paint Night event theme. Students will create their own work of art to take home with instruction from a facilitator. Music and refreshments are included. Come unleash your inner creative spirit! No experience necessary. Class limit: 15. **Ventress Library Classroom, Cost \$20**

11. Shakespeare w/ Stephen Collins - @ 10:30 am (6 sessions) Tuesdays, October 11, 18, 25, Nov 1, 8, and 15. To make sense of *The Bard*, I believe a reader of his works must approach the text much like an actor to make it come alive. In Elizabethan England, the plays were meant to be heard, performed - not read. The First Folio of his work wasn't ever printed until 8 years after his death. We will work together to *demystify* the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating in addition to the plays, the class will study at least 8 of his sonnets. **Cost \$25 @ the Senior Center**

12. American Presidents after WWII w/ Dr. John Sullivan 1:00 - 2:30 pm (6 sessions) Thursdays, October 13, 20, 27, November 3, 10, and 17. In this class we will analyze the presidencies of FDR, Eisenhower, Johnson, Nixon and Reagan. Participants will receive discussion questions prior to class. Be prepared for a lively discussion on these influential leaders. **Cost \$20 @ Senior Center**

13. "Meet the Winslow's" w/ local historian Regina Porter @ 11:00 am. (1 session) Thursday, October 13. Join local historian Regina Porter for a "Lecture & Luncheon". Regina will speak about the 5 generations of the Winslow families, concentrating on how they celebrated – or didn't celebrate Thanksgiving. At noon we will enjoy a traditional turkey dinner with all the fixings @ **The Jetty Restaurant in Brant Rock. Space is limited. Cost \$20**

14. "Walking a Labyrinth" w/ Chris Woods. @ 10:00 am – 1:00 pm (One Session) Friday, October 21. Watch a film at the library first, and then walk a labyrinth together for meditation and relaxation at Glastonbury Abbey in Hingham. We will carpool/caravan to Hingham to meet up for the walk. Wear comfortable clothing. Bring a bagged lunch to enjoy after the walk under the abbey's wisteria arbor. **Limit: 20 students. Cost: \$1 donation to Glastonbury Abby @ Ventress Library**

15. Genealogy Workshop w / Chris Woods @ 6:00 - 7:30 pm (Two Sessions) Wednesday November 2 & November 30, for beginner to intermediate genealogy students. Part 1, will review the resources available through the Ventress Library and elsewhere to research genealogy. Each student will receive a homework assignment to research and present at Part 2, with help provided them by the Ventress Library Reference staff. Beginning students will end the class with a simple family tree in place; intermediate students will receive help with their more in-depth genealogy questions. Hand-outs, notebooks and family tree templates will be provided. **Limit: 40 students @ Ventress Library, Cost: \$5**

16. Pub Chat – "Stories from the Shadows" w/ Dr. Jim O'Connell & Edris Kelley @ 5:30 pm – hors oeuvre's and wine will be available and @ 6:15 Lecture. Wednesday, (1 session) November 9th. Dr. O'Connell, author of the book "Stories from the Shadows" was fresh out of Harvard Medical School, when he was asked, by his mentor, to head up a new pilot medical program for Boston's homeless men, women and children. Dr. O'Connell thought he would put in a few years, but along the way he fell in love with the challenges of homeless medicine, his patients, and their stories. "Stories from the Shadows" is a collection of these stories which will be available after the lecture. Dr. O'Connell is now the founding physician and president of Boston Health Care for the Homeless Program, which delivers services to more than 12,000 homeless men, women and children at more than 60 Shelter's and sites. He is also an assistant professor of medicine at Harvard Medical School. He is an amazing speaker with a gift for humor @ **Proprietor's Green Cost \$15**

17. History of Land Use in Marshfield during the Revolutionary War w/Bob Jackman - @10-11:30 am (6 Sessions) Thursdays, November 10, 17, and December 1, 8, 15, and 22. *Marshfield during the Revolutionary War* will look specifically at the way militia and British units deployed within Marshfield, and the deployment of local forces and personnel outside Marshfield. Maps specifically drawn for this course will illustrate the action and counteraction of the forces. Rather than looking at these events in the isolation of one town, we will place these actions into the larger scheme of how the conflict and eventual Revolutionary War were pursued in eastern Massachusetts and beyond. Original documents will be used as much as possible to capture the mindset of the period. On the other hand, we will see that while some eyewitness accounts by locals residents were physically accurate, their understanding of purpose and significance was at times wildly erroneous. Course participants will have an opportunity to suggest some uses to be examined. **Cost \$20 @ the Senior Center**